



BEYOND RECALL

COLIN FARRELL BEEFS UP FOR HIS ROLE IN THE MOVIE TOTAL RECALL, AN UPDATE OF THE 1990 SCI-FI CLASSIC

PAGE 10



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Canada's diving divas BRING HOME BRONZE

Emilie Heymans, right, and Jennifer Abel, both of Montreal, show off their bronze medals on Sunday in the women's synchronized three-metre springboard competition at the London Olympics. Story, page 20. MIKE RIDEWOOD/CANADIAN OLYMPIC COMMITTEE/THE CANADIAN PRESS

Londoners walk proud

Under the rainbow.

Pride parade draws big numbers and smiles along the route

Say it loud

"We still have to keep going out and showing people that it is OK to be gay."

Michael Heath, 17, of London



ANGELA MULLINS
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With rainbow flags waving, music blaring and the crowd roaring with cheers, Pride London Festival took to the streets on Sunday.

The annual parade counted hundreds of participants as it rambled along a two-hour course on Queens Avenue from Western Fair District to Wellington Road, ending at Victoria Park.

For some, such as Roland Trumble, the event served as a homecoming.

Trumble, 45, moved to Sault Ste. Marie in December but made sure he was back in London for the parade.

He's seen support for the parade grow in the past seven years. That acceptance, he said, is dear to his heart.

"It's very different (in Sault Ste. Marie) because it is such a small community," Trumble said. "Coming back (to London) is something I

take pride in myself. Knowing I have a community that supports me is important."

Participants this year were diverse. Gay and lesbian couples walked hand in hand. Straight couples walked alongside gay co-workers. Drag performers pulled out all the stops. Community groups broke out rainbow beads in a show of support.

Michael Heath, 17, of London marked his second year in the parade. A rainbow flag with a maple leaf in the centre wrapped around his shoulders, Heath said young members of the gay community need to continue the tradition to honour those who fought the first battles for equality.

"I love being in this generation," he said as the parade began. "I don't have to fear for my life."

MORE COVERAGE, PAGE 4 AND ONLINE AT METRONEWS.CA



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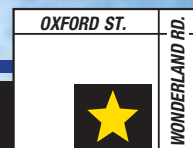
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Impaired-driving charge

Off-duty officer stops driver from leaving scene

An off-duty London police officer prevented an alleged drunk driver from leaving the scene of an accident early Saturday.

At about 2:30 a.m., a vehicle left Ambleside Drive and struck a tree and an electrical box. The vehicle returned to the road and continued along Ambleside, where it again left the roadway and came to a complete stop.

An off-duty officer was at the scene and saw the lone male driver attempt to drive away. The officer prevented him from leaving, and on-duty police soon arrived.

Mitchell Furlonger, 20, of Komoka is charged with one count of impaired operation of a motor vehicle.

METRO

Red Cross

Aeolian Hall to host aid talk

Jeff Eames, president of Southwestern Ontario Council of the Canadian Red Cross, will make a presentation titled Humanitarian Aid With Dignity on Tuesday at Aeolian Hall, at 795 Dundas St. E.

Doors open at 6 p.m., with the presentation scheduled to begin at 7 p.m.

Admission is by donation, with all proceeds going towards sustaining programming and operations at the Aeolian.

METRO



Cyclists pedal off the Western Road starting line Sunday during the local leg of the MS Bike Tour. Participants travelled from Grand Bend to London on Saturday, spent the night at Western University and headed back to Grand Bend early Sunday. ANGELA MULLINS/METRO

Local leg of MS ride takes top honours

Grand Bend to London.
Tour beats longtime national titleholder for number of participants



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For years, Alberta has played host to the largest number of cyclists in the Multiple Sclerosis Society of Canada's bike

tour. Now, there's a new leader on the board.

The Grand Bend-to-London leg of the tour holds the bragging rights after 1,884 cyclists participated in the weekend ride, said a fundraiser for the society.

"We've been striving for years to bypass (the Leduc-to-Camrose leg)," Sarah Mann, manager of the MS Bike Tours in Ontario, said Sunday as cyclists prepared to leave Western University for the local leg's second day. "And we finally

did it. We beat them by one (rider)."

The annual tour consists of 25 legs across Canada, with six in Ontario. Grand Bend-to-London — a 150-kilometre round-trip trek — is the second in the province this summer. The MS Bike Tour will make its way to the Ottawa, Waterloo, Niagara, and Toronto regions later this month.

Money raised goes toward the society's national research program and provides services to people living with the

By the numbers

\$1.2M+

More than \$1.2 million was raised during the Grand Bend-to-London leg of the MS Bike Tour.

disease. About \$3 million is expected to be raised this year in Ontario alone. For details about upcoming rides or to get involved, visit mssociety.ca/ms-biketours.

Health Minister Deb Matthews to testify again this week at Ornge hearings

Ontario's embattled air-ambulance service will be in the spotlight again this week as Health Minister Deb Matthews faces another day of grilling by a legislative committee Tuesday about her oversight of Ornge.

There will be three more days of hearings by the committee looking into financial irregularities at Ornge, which is also the subject of a criminal probe by provincial police.

Matthews has already testified once, saying her ministry was kept in the dark by Ornge while it set up a complex web of spinoff companies with taxpayers' money to look for new revenue sources.

Much of what Matthews told the committee was contradicted by former CEO Chris Mazza during his emotional appearance last week, said Frank Klees, a Conservative member of the committee.

"We're looking forward to hopefully clearing up some of the contradictory testimony that we have had from Mazza that does not square with what the minister has been saying, or with what some of the civil servants have been telling us in their testimony," said Klees.

The committee tried to recall Mazza for this week's sessions, but his doctors have sent a letter saying he is medically

Ornge hearings

- The legislative committee wants to find out why the Liberal government wasn't fully aware of what former CEO Chris Mazza was doing at Ornge and why it didn't move sooner to rein him in.
- The Tories want reassurances from Health Minister Deb Matthews that the search for a new CEO for Ornge will make experience in running an air-ambulance service a criteria for the job.

unfit to testify.

The New Democrats said Matthews' claims of being kept in the dark by Ornge just don't fly. "Her story and many, many other people's stories cannot be part of the same history book. They don't match," said NDP

health critic France Gelinas.

"So somebody has to explain how she can say they were stonewalled and were trying to get information, when really they had all of the information they could ever have wanted."

THE CANADIAN PRESS



Health Minister Deb Matthews, MPP for London North Centre
TORSTAR NEWS SERVICE FILE

On the web



What will they think up next? A Taiwanese animation studio has created an unconventional video about U.S. restaurant Chick-fil-A's anti-gay views. Scan the code to see the video.

1 NEWS

More than just colourful fun

Supporting Pride fosters community and builds acceptance, parade fans say

Why do people line the streets to watch London's pride parade?

If you asked some of the

hundreds along the route Sunday, they were more than likely to answer with another question: "Why not?"

While the biggest crowd was at Wellington Road and Dufferin Avenue, the parade's ending point, many more supported participants as they made their way along Queens Avenue from the Western Fair District.

In a word, said Glenn Dundas, the parade is about "community."

"These guys are out here having fun, probably the

happiest group of people in the world," Dundas said as the parade inched along the street about a block from his house. "If this is going by my neighbourhood, I'm here to support it. No question."

Aside from being fun — and colourful — Katrina McIntosh, 32, sees the event as a way to make the gay community just another part of life for her young son.

"I think it's important for him to understand without it ever being explained to him," McIntosh said about her

one-year-old son, Parker, who watched from his stroller Sunday. "I don't want to ever have to explain to him why this is OK."

Others watched from the sidelines in support of family and friends.

"A lot of kids who grew up in our neighbourhood, (people) that we shared our lives with, are of the gay (and) lesbian persuasion," said Barb Tucker, 53, of London. "This is culture. It's time to get over (prejudice)."

ANGELA MULLINS/METRO

Privatizing alcohol sales not answer: Microbrewer

Liquor, beer in corner stores. Consumers, small manufacturers will pay a steep price if proposal catches wind, opponent says



ANGELA MULLINS

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Cathy Siskind-Kelly knows a thing or two about selling alcohol in deregulated markets.

The products made at her London-based Black Fly microdistillery are sold across Canada, and, because of that, she's had a taste of government-operated stores, private retailers and everything in between.

Her take on the latest push for booze to be sold at corner stores?

"We don't see it as beneficial for a large variety of reasons," said Siskind-Kelly, who started Black Fly with her husband, Rob Kelly, in 2005. "When we look at introducing a sort of private side to the business, it changes the whole landscape."

For consumers, the move would open the door to price hikes and less "social responsibility," meaning the "clean, safe environments" in which Ontarians are used to buying booze wouldn't be a guarantee, Siskind-Kelly said, calling the LCBO a class act.

For smaller manufacturers, like Black Fly, privatization



Londoners Rob Kelly and Cathy Siskind-Kelly, owners of Black Fly microdistillery, pose for a photo recently at their home. The couple is opposed to a proposal that would deregulate alcohol sales in Ontario. ANGELA MULLINS/METRO

Quoted

"It's an antiquated system. It's so outdated. Everybody looking forward says, 'Why do we have to live like that?'"

Dave Bryans, CEO of the Ontario Convenience Stores Association

could be the death blow.

In deregulated systems, Siskind-Kelly said, large global companies can quite literally buy shelf space and "squeeze you out of that market."

Take Alberta, which privatized alcohol sales in the early 1990s, as an example.

Black Fly sold its vodka and tequila mixed drinks there for a while but has since aban-

doned the effort.

"The cost of doing business there is so high," Siskind-Kelly said. "It's a whole other world."

But "a whole new world" is exactly what Dave Bryans, CEO of the Ontario Convenience Stores Association, would like to see.

Last week, Bryans called on the province to allow beer and wine sales at stores represented

by his association. He released a petition with 112,500 signatures from people across the province who support the move.

The idea didn't sway the governing Liberals, but Bryans is vowing to fight on after getting some interest from Conservative Leader Tim Hudak.

"(The effort) will never be dropped. This is the future," Bryans told Metro. "It's time to have that mature, adult discussion that the government doesn't want to have."

Follow Angela Mullins on Twitter @MetroAngela

London pride parade



1 Kids. Lining the parade route

Olivia Austin, 10, left, waves a rainbow flag Sunday as the Pride London Festival parade makes its way along Queens Avenue.

2 Dancing. The afternoon away

Jessica Polzer, 42, of London does it up in style as the parade makes its way along a two-hour course Sunday afternoon.

3 Rhythm. He's got the beat

Michael Heath, 17, of London catches the beat Sunday as the first ranks of the parade step off from Ontario Street.

4 Eye-catching. Costumes

Naomi Nadea, left, and Jacqueline Fenelon, both of London, pose for a picture at Western Fair District moments before Sunday's parade took to city streets.

5 Floats. Rainbow bright

People wave from the Rogers TV float Sunday as the parade makes its way along Queens Avenue. The float was one of several that blared music and got people dancing along the route from the Western Fair District to Victoria Park.

ANGELA MULLINS/METRO

Block party

Tickets going fast

Tickets for the Block Party featuring DJ Calvin Harris on Sept. 9 at 301 York St. are going quickly. Early bird and Tier 1 general admission tickets are sold out. VIP, Tier 3 and Tier 2 tickets are still available. For more info, visit blockparty.ca. METRO

Kitchener

Possible human remains found

Waterloo regional police are investigating after possible human remains were found in Kitchener's Idlewood Park on Saturday. Police want to hear from anyone with information.

THE CANADIAN PRESS

Chatham-Kent

Body found in Thames identified

Chatham-Kent police have released the identity of the body found in the Thames River Friday night. The body has been identified as Patrick Peter Royal, 39, of Chatham, who was reported missing earlier Friday. AM980/AM980.CA

Baseball

Jays Super Camp in town Monday

About 110 young ball-players will get a chance for some major-league instruction Monday as the Blue Jays Super Camp goes to London. Players aged 10 to 16 will take part in the camp at Centrefield Sports Complex. METRO

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A worker walks through the first Jordanian tent camp for Syrian refugees fleeing violence in their country in Zataari, near the Syrian border, Sunday. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Regime, rebels fight for control of Aleppo

Syria. Opposition calls for international support, regime blames Muslim countries for destruction

Syrian tanks and artillery pounded rebel-held neighbourhoods in the commercial hub of Aleppo on Sunday in a bid to retake control as President Bashar Assad's regime accused regional powerhouses Saudi Arabia, Qatar and Turkey of trying to destroy the country.

Activists say opposition fighters control large swathes

of territory across Syria's largest city. The government has been struggling for a week to beat back their assault and stem the tide of recent rebel advances in the civil war.

The head of the main opposition group, the Syrian National Council, called for international help in arming the rebels to face the regime's heavy weaponry, particularly tanks.

"If the international community cannot act, they should support the opposition with anti-tanks missiles and anti-aircraft rockets," Abdel Basset Sida told the Gulf News during a stopover in Abu Dhabi. "We seek international supporters

to arm our uprising against the regime."

Saudi Arabia and Qatar have expressed willingness to help fund the rebels and they are believed to be funnelling money through Turkey to the opposition, which is using it to purchase arms and equipment.

Syrian Foreign Minister Walid al-Moallem railed against interference by the region's Sunni powers. He accused them of supporting the rebels at the behest of Israel.

"Israel is the mastermind of all in this crisis," he said during a joint news conference in Tehran with his Iranian counterpart. **THE ASSOCIATED PRESS**

Israel. Romney supports Jerusalem as capital, takes tough stance against Iran

U.S. presidential candidate Mitt Romney spoke aggressively Sunday about protecting Israel from Iranian nuclear threats and suggested that he was open to breaking with U.S. policy dating to 1967 by moving the United States embassy to Jerusalem if the Israelis asked.

Israel is the second of three stops on an international trip for Romney intended to burnish his foreign-policy credentials before he claims the Republican presidential nomination in late August.

Romney's speech was aimed at appealing to evangelical voters at home and to cut into U.S. President Barack Obama's support among American Jews. A Gallup survey of Jewish voters released Friday showed Obama with a 68-25 edge over Romney.

While Romney has been highly critical of Obama's policy



Mitt Romney in Jerusalem Sunday. DAN BAILLY/THE ASSOCIATED PRESS

toward Iran and the presumed threat to Israel, he has offered no specifics about how his policy would be substantially different.

But on the issue of the location of the U.S. embassy in Israel, which is in Tel Aviv, Romney told CNN that he thought the U.S. embassy should be moved from Tel Aviv to Jerusalem if the

Israelis make that request. The Israelis have repeatedly sought such a move.

The issue has been a major diplomatic headache for the U.S., which has refused to make the shift because it would imply the sanctioning of Israel's incorporation of Arab East Jerusalem. The U.S. has refused to locate its embassy in Jerusalem out of its effort to be a trusted voice by both sides of the conflict.

Romney flatly called Jerusalem the Israeli capital in the very first words of his speech Sunday. And he had harsh words yet again for Iran, saying he respected Israel's right to defend itself against what Israel considers an existential threat.

"We will not look away nor will our country ever look away from our passion and commitment to Israel," said Romney.

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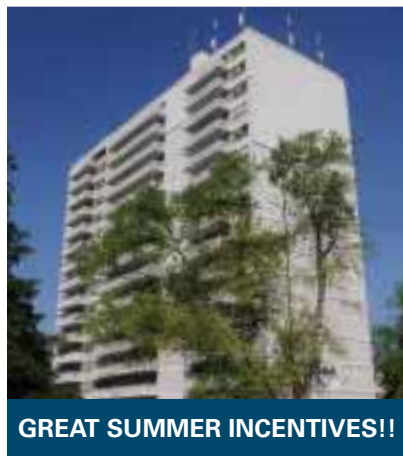
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Apple takes on Samsung in U.S. court

Pending. \$2.5-billion US lawsuit over patents for iPhones, iPads

Two tech titans will square off in U.S. federal court Monday in a closely watched trial over control of the U.S. smartphone and computer-tablet markets.

Apple Inc. filed a lawsuit against South Korea's Samsung Electronics Co. last year, alleging the world's largest technology company's smart-

phones and computer tablets are illegal knockoffs of its popular iPhone and iPad products.

The Cupertino, Calif.-based company is demanding \$2.5 billion US in damages, an award that would dwarf the largest patent-related verdict to date.

Samsung counters that Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

U.S. District Court Judge Lucy Koh in San Jose last month ordered Samsung to pull its Galaxy 10.1 computer tablet from the U.S. market pending the outcome of the trial.

The case is one of some 50 lawsuits among myriad telecommunications companies jockeying for position in the burgeoning \$219-billion market for smartphones and computer tablets.

THE ASSOCIATED PRESS

Right of sale

"In some sense the big part of the case is not Apple's demands for damages but whether Samsung gets to sell its products."

Mark A. Lemley, a Stanford Law School professor



Grass is greener on neighbour's painted lawn

Joseph Perazzo, owner of New York's Grass is Greener Lawn Painting company, works on a lawn in Irvington, N.J. With a drought spanning about two-thirds of the United States, some residents and businesses in normally well-watered areas are taking a page from the lawn-painting practices employed for years in the West and South to give lustre to faded turf. Perazzo charges 15 cents per square foot to spray on a non-toxic, environmentally friendly turf dye that he says is commonly used on golf courses and athletic fields to give them a lush appearance. THE ASSOCIATED PRESS

Labour dispute

ICBC argues against union email signature

Lawyers for the Insurance Corporation of B.C. have argued that employees who have altered the company's email signature as part of a labour dispute might be pressuring clients into supporting the union to have their claims adjusted fairly.

ICBC was in B.C. Supreme Court Friday asking for an injunction that would stop more than 1,000 employees from sending out emails with an unauthorized pro-union message.

THE CANADIAN PRESS

Jazz Air

Dispatchers vote in favour of strike

Jazz Air's dispatchers have voted 92 per cent in favour of a strike, and a work stoppage at the regional airline could happen as early as mid-September if conciliation efforts fail. The 67 Halifax-based dispatchers are represented by the Canadian Air Line Dispatchers Association. Conciliation is expected to conclude by Aug. 27. THE CANADIAN PRESS

Hyundai

Air-bag issues force recall

Hyundai Motor Co. is recalling some Santa Fe SUVs and Sonata sedans because of problems with their air bags. The Santa Fe recall involves nearly 200,000 vehicles in the 2007 to 2009 model years. Hyundai dealers will reprogram the front passenger air-bag sensors so they will accurately detect when a small adult is seated. THE ASSOCIATED PRESS



Q. How do I stop eating at night?

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Rating of Canadian banks drops from stable to negative

Standard & Poor's Ratings Services has cut its outlook from stable to negative on seven Canadian banks, over concerns about unsustainably high home prices and consumer debt levels, according to published reports Friday.

The Wall Street Journal said the New York debt-rating firm cut the credit ratings of Royal Bank of Canada, Toronto-Dominion Bank, Bank of Nova Scotia, National Bank of Canada, Laurentian Bank of Can-

Household debt

150%

With household debt at an all-time high above 150 per cent of income, the Bank of Canada has declared it the No. 1 domestic risk to the economy.

ada, Home Capital Group Inc. and Central 1 Credit Union. The credit rater also reaffirmed the ratings on all seven banks, the Journal said.

However, S&P affirmed its ratings and maintained stable outlooks on five other Canadian banks including Canadian Imperial Bank of Commerce and Bank of Montreal.

Banks began to warn as early as the closing months of 2011 that consumer borrowing would slow as pent-up demand in the housing market becomes exhausted. Meanwhile, low interest rates have been putting pressure on their bottom lines.

THE CANADIAN PRESS

Trade. Senator wants U.S. to hold up CNOOC-Nexen deal

A U.S. senator wants his government to hold up a Chinese state-owned company's \$15.1-billion takeover of Calgary-based Nexen Inc. as a means to press China on its trade policy as the U.S. securities regulator also looks into allegations of insider trading surrounding the deal.

Charles Schumer made his argument in a letter sent Friday to Treasury Secretary Timothy Geithner.

Meanwhile on Friday, the Securities and Exchange Commission said it got a court order to freeze assets of Hong Kong traders who bought stock in Nexen before CNOOC announced its plans.

The SEC said Well Advan-

Offshore holdings

Although Nexen is based in Canada, it has offshore holdings in the U.S. Gulf of Mexico and CNOOC said the deal requires approval from regulators in the U.S.

tage Limited and other traders allegedly bought shares in Nexen based on inside information. China's CNOOC announced plans to buy Nexen on Monday.

The SEC said it moved to freeze the assets shortly after Well Advantage tried to sell all of its Nexen stock.

THE CANADIAN PRESS

Smartphones. RIM drops from top-five ranking

Canada's own BlackBerry maker Research in Motion has fallen out of the top-five ranking of smartphone makers based on market share, research group IDC said Friday.

"Research in Motion's BlackBerry unit decline continued last quarter, reaching levels not seen since 2009," it said in the report.

"Like Nokia, RIM is a company in transition. Smartphones running on its new platform, BB 10, will be released later this year. Until then, results like these may be a sign of things to come."

RIM has been working to turn around operations after watching its market

share eroded by the growing popularity of Apple's iPhone and smartphones running Google's Android operating system.

The company hopes the debut of its BlackBerry 10 operating system and a new line of BlackBerry smartphones will help keep its subscribers from defecting to other devices, particularly in the United States.

Meanwhile, Samsung has extended its lead over Apple in smartphones, in part because its new Galaxy phones came out before Apple updated its iPhone, the research group said.

THE ASSOCIATED PRESS

FEELING GOOD ABOUT THE GOOD LIFE



URBAN COMPASS
Todd Devlin
london@metronews.ca

Throughout her career, Tammy Lee Marche has made it a point to pursue work that has had a positive impact on her community. "Feel-good" work, as she calls it. Now, the Londoner is hoping

to do the same with The Good Life, a side project that is keeping her plenty busy this summer.

A web series, The Good Life showcases local residents who have experienced significant setbacks in their lives, including tragedies, hardships, or other misfortunes. Common to all of Marche's subjects, however, is the fact that they've come through the other side and are now living "The Good Life."

And what exactly is The Good Life? The show's creator says it's highly subjective.

"It's not about monetary wealth or career success," said Marche, who serves as host of the webisodes, which are usually five minutes long. "It's about our emotional state of being ... how we feel, our perspective on life, and how we approach and overcome obstacles."

The Good Life guests have certainly overcome obstacles. Marche has profiled a woman who was the victim of rape as a 19-year-old, an adult who experienced extensive abuse as a child, and an individual who has struggled with bipolar disorder and drug and alcohol addictions. It's heavy stuff, but Marche says the overall message can be inspiring.

"Ultimately, I hope that people watching the stories of others are getting some benefit out of it," she said. "Maybe hope or healing ... to know that life does get better. We can feel connected as we recognize we're not alone; others are experiencing and overcoming similar situations."

And that includes Marche herself. Experience with tragedy and hardship in her past is what spurred the idea for The Good Life, and the project has served as a healing process for her, too.

"It's a way of telling some parts of my story through the stories of other people," she said. "Not similar challenges specifically, but rather the emotions of these experiences and the ability to move beyond the bad and live the good."

Marche has been pursuing the good in her career for a long time. With her communications and project-management firm, she completed a number of "feel-good" projects in Thompson, Man., during the last seven years, including community housing and homelessness initiatives, as well as an extensive plan for improving health and wellness among aboriginal youth.

She moved back to her hometown last year, and the Western grad plans to continue operating her company in the Forest City. But projects like The Good Life are giving her an additional outlet to make a positive difference.

She has 11 webisodes under her belt and more lined up, but she's always looking to hear from new people interested in sharing their own stories.

"Everyone's story matters," she said. "And I believe the commonality of the experience with hardship and tragedy can help us grow together as a community," Marche said.

To learn more, visit tammyleemarche.com.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



Tammy Lee Marche's web series celebrates Londoners who have overcome hardships. CONTRIBUTED

Painting the town ... pink?



GERO BRELOER/THE ASSOCIATED PRESS

Purple haze

World is a canvas during Holi Festival

Women dance and throw coloured powder into the air during the Holi Festival in Berlin on Sunday.

The original Holi, also known as the festival of colours, is celebrated in India and other Hindu countries. The purpose is to recognize the joy and happiness that comes about when people get together.

A few thousand people celebrated this event with Indian DJs, acrobatics and dance in the German capital.

THE ASSOCIATED PRESS



These women look like they are DTS — down to shower, that is — after getting covered in coloured powder during the Holi Festival in Berlin on Sunday. GERO BRELOER/THE ASSOCIATED PRESS

Celebration time

All the colours under the sun — in Russia

Meanwhile, in St. Petersburg, Russia, over the weekend, the Holi celebrations finally arrived.

The festival of colours was delayed at first because boxes of coloured powder were stopped at customs, according to an rt.com report.

The news agency says the brightly coloured spectacle could become an annual event in Russia, citing a festival organizer.

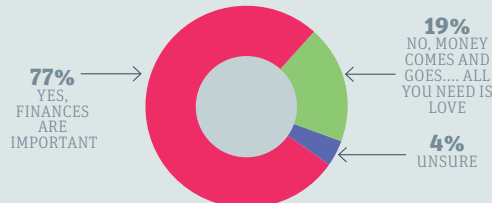
The country is known to welcome anything out-of-the-ordinary.

METRO



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Is money an important key for a lasting marriage?



Twitter

@MurphyPaws:

I may not agree with all his decisions but I am happy we finally have a mayor participating in the Pride Parade! Happy Pride Day #ldnont

@ShaunaRae67:

Nothing like bacon, eggs and toast on a Sunday. Well I can think of one thing better ;) #HappySunday

@kate88schmidt:

Pride parade today with some so-

cial work comrades! I love summer

@HydeParkFeeds:

Gorgeous morning for the @MS-BikeTour's return trip to Grand Bend. Safe travels everyone. Thank you cyclists for your dedication to this!!

@EalafJunejo:

Have tears in my eyes everytime I watch the video "to My grade 7 self" !! So proud to be a #WesternU student ! #GetReal



Jessica Biel, left, and Colin Farrell star in Columbia Pictures' action thriller Total Recall. MICHAEL GIBSON

An Arnold-free Total Recall

New movie. The director discusses updating the Schwarzenegger hit — and reteaming with wife Kate Beckinsale.

NED
EHRBAR
Metro World News

Director Len Wiseman has been working for quite some time on a remake of the 1990 Arnold Schwarzenegger vehicle Total Recall, based on a short story by Philip K. Dick. Of course, getting out from the shadow of a Schwarzenegger hit is no small feat, but Wiseman was up for the challenge. He sat down with Metro at San Diego Comic-Con to talk about his film's all-star cast — including his wife, Kate Beckinsale.

You've been at this production for a while.
It's been two and a half years.

Your wife and star, Kate Beckinsale, has said that living with you has proven that the director gets absolutely no time off.
She's very aware of it. It's one of the downsides. She sees how limited my time actually is, so I've often heard her say that from an actor's point of view, you want to be a little bit more selfish with your own questions and things, but if anything because we're married I find that she doesn't come to me as much as she generally would with another director because generally she feels for how incredibly overwhelmed I am with other things.

So, who would win in a fight between Jessica Biel and Kate Beckinsale?
It's a question that I can't ask. (laughs) To be really honest, if you knew these girls personally, they're very well-equipped with the action, just in terms of ability. And they're both quite vicious when they get into it. It was

like having two stunt players on the movie, so we rarely brought a stunt person in for the fight stuff. I don't know who would win. I would really like to see it (laughs). If we just hold some kind of forum, I think it would do very well.

How do you decide which project will take over your life next?
I personally think you have to really, really fall in love with them. The best litmus for me is would I be upset if I passed on this and somebody else did it? I don't think you can go into any project that you feel a little bit iffy about because the minute that you do that — and I have done that before on a project — the amount that it asks of you is so great that you'll just start to break under how overwhelming it is. It's amazing how much adrenaline and passion can keep you awake, keep you going on a project.

In the original Philip K. Dick

Jessica Biel

The actress says that before Justin Timberlake proposed, she didn't expect to ever get married.

- **Engaged.** The 30-year-old actress told The Associated Press on Friday that she feels wonderful about the engagement. Biel and Timberlake, 31, reportedly became engaged late last year but rarely speak publicly about their relationship. Biel called the engagement "wonderful. It's actually not anything I ever really thought was going to happen."

story, the main character is more of an everyman, something Arnold Schwarzenegger couldn't really pull off.

That was really a focus of what I wanted to do with the character. At least for me,

when I saw Total Recall in high school, I was going to go see an Arnold Schwarzenegger movie. I didn't know who Phillip K. Dick was. Arnold is already a superhuman-looking character from the beginning, so I was really wanting to create a character that felt a bit more accessible just as an everyman that turned into a super-spy so that you could have more of that change.

Of course, Colin Farrell is by no means schlubby, though.
No, no. But he was very thin, though. He definitely got himself ripped and in shape for the super-spy aspect of the character. He was a great get because I needed somebody that was vulnerable and somebody that you connect with — but then when it became time to be that superhero kind of character and be tough and daring and all that, that you really bought that with the character, too. I think Colin really does occupy both of those qualities.

Romeo and Juliet re-imagined

Comics legend Stan Lee, of Spider-Man fame, together with Paris Kasidokostas and Terry Douglas recently received the Guinness Book of World Records Prize for the largest graphic novel in the world, in a charity gala in Los Angeles organized by the John Wayne Cancer Foundation.

Romeo and Juliet: The War is a sci-fi graphic novel that recounts the story of two superhuman groups of soldiers,

who will convert the Verona Empire to the most powerful on Earth.

The Montagues and the Kapulets work peacefully with each other for the destruction of all the threats against Verona. When there is no one else to fight, they turn against each other. Then Romeo, a young Montague, falls in love with Juliet, a Kapulet girl, and they plan to marry in secret.

But powers beyond their control start to conspire

against them, threatening their love and life and the empire of Verona.

The comic was produced by 1821 Comics and Lee's POW! Entertainment.

Lee, Kasidokostas and Douglas were working on the story Superchick for MTV before they came up with the re-telling of Romeo and Juliet.

"We wanted to follow the Shakespeare story, but we transposed it in a comics book, larger than usual, with

155 pages. Our aim was to satisfy the audience in their anticipation of what they were going to read, but we also wanted to create a work of art, that people will hold on to. It was very beautiful, seeing day by day, the creation of all those images. All that we had dreamed of in the two previous years, was getting flesh and blood in the best possible way," Douglas said.

METRO WORLD NEWS



Stan Lee. GETTY IMAGES

On the web



CBC-TV launches open casting for its next food star

Hip-hop. Snoop Dogg talks 20th anniversary of debut Doggystyle album

In the past few months rapper and music mogul Snoop Dogg has participated in a landmark live concert performance with his dead friend, released Ladies First, a mixtape of artists he's working with, and just this week released a single from his upcoming reggae album. So when the Doggfather asked if he could do an interview via e-mail, we accepted. We made only slight punctuation tweaks to his answers.

Doggystyle will turn 20 next year ... tell me about any anniversary plans you have to commemorate the release.

I got sumthin on tha back burner but u gotta stay tuned in to see what that is. Be on da lookout for sumthin real special to keep ya knockin for anutha 20, ya dig!/?

Does it feel like that really was 20 years ago?

Time flies when u got a schedule and stay busy like myself. I stay ready so I ain't gotta get ready.

Speaking of a lasting legacy, your daughter has entered the music business. How do you keep her safe from the darker sides of the biz?

It's a learning process each day that we are both going through. Less bulls — the better.

What kind of advice do



Rapper Snoop Dogg. GETTY

you give her, and how is it different from the advice that you'd give any up and comer?

To stay true to herself and to never give up. She's gonna be a superstar.

Let's talk a little about your virtual 2Pac performance at Coachella. Do you think that this sort of technology is the future of concerts?

I really can't tell you. But the most important thing is Dr. Dre and Snoop Dogg did it first. And they damn sure did it the best.

PAT HEALY/METRO WORLD NEWS

Charlie Sheen basks in new spotlight

Second chance. No longer 'insane' actor hoping to welcome his father to cast of popular comedy series Anger Management

AMBER RAY

Metro World News

For the first time since his return to television in Anger Management, Charlie Sheen addressed journalists gathered at the Television Critics Association press tour in Beverly Hills, Calif., on Saturday.

Joined by a number of costars, including Selma Blair, and series creator Bruce Helford, Sheen appeared relatively relaxed — or at least weekend-casual, wearing plaid shorts and no socks — to address the critics who had scrutinized his meltdown post-Two and a Half Men firing.

"It was a crazy time, and it was sort of like a dream I couldn't wake up from or some runaway train I couldn't get off of, but I was the conductor," Sheen said when asked to com-

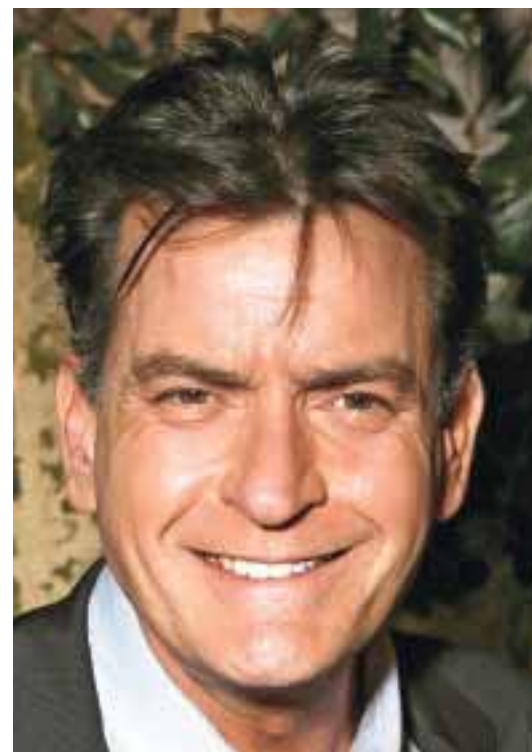
ment on the year he lived on tiger blood and launched the My Violent Torpedo of Truth/Defeat is Not An Option tour.

Sheen described his breakdown as "something that could never happen again, so that was pretty cool." Sticking to the talking points of his redemption story, he added, "I learned a lot. I learned that you stick to what you know. Don't go on the road with a one-man show in 33 days in 21 cities with no act. My life's different now that I'm not insane anymore."

FX is banking on the actor being more accountable. Anger Management is poised to receive a 90-episode pickup if its initial run of 10 episodes perform well — so far, the network is pleased with the ratings. (The show launched on June 28 to the highest series premiere ratings in cable history for a scripted comedy.)

Sheen called that prospect "exciting as hell" and added that he doesn't "think 90 is gonna be enough" episodes to tell the story of Charlie Goodson, his former ballplayer with anger issues-turned-therapist.

The pickup would also herald the addition of Martin Sheen, Charlie's father, to the cast as a series regular.



Charlie Sheen's FX sitcom Anger Management is poised to get an order for 90 more episodes. TODD WILLIAMSON/ENVISION/THE ASSOCIATED PRESS FILE

All-star Dancing with the Stars cast revealed



Dancers Bristol Palin and Melissa Rycroft speak at a Dancing with the Stars: All-Stars panel. FREDERICK M. BROWN/GETTY

The all-star cast for the 15th season of Dancing with the Stars was announced at the Television Critics Association press tour in Beverly Hills, Calif., on Friday, with Bristol Palin — who managed to deliver controversial sound bites before even putting her dancing shoes back on — among the returning contestants.

Also making an encore performance on the dancing competition are Kirstie Alley, Helio Castroneves, Drew Lachey, Gilles Marini, Kelly Monaco, Melissa Rycroft, Pamela Anderson, Joey Fatone, Shawn Johnson, Apolo Anton Ohno and Emmitt Smith.

The 13th contestant will be selected by viewers, with Sabrina Bryan, Carson Kressley and Kyle Massey vying for the last spot in an online campaign that is currently open at abc.com.

Executive producer Conrad Green said this cast represents the "crème de al crème" of the reality show's last 14 seasons. "We wanted to get back some of the best personalities and

Quoted

"This is our Avengers ... (they're the) superheroes of all the seasons, and they're back."

Dancing with the Stars executive producer Conrad Green

talent," Green said, adding that he pretty much got his wish list of returning stars in trying to reflect the scope of the show. "This is our Avengers," he said. "[They're the] superheroes of all the seasons, and they're back."

Perhaps no contestant in the series' history has been the subject of as much media scrutiny as Bristol Palin, the daughter of former vice presidential candidate Sarah Palin, who appeared on the show in the fall of 2010. On stage to address critics' questions about Dancing with the Stars: All Stars, Bristol brushed off the attention she receives.

"God provides opportunities," Palin said, multiple times throughout the panel. "You can

go out and do them or not do them. The press is going to talk about me no matter what, [so I] might as well be having fun."

Politics, inevitably, came up. One critic asked Palin if she would mind being paired up with a gay dance partner, and for her general opinion on "the gays."

"I like gays! I'm not homophobic. Just because I'm for traditional marriage..." she insisted, raising her voice. "It's not about politics."

When asked if she thinks this kind of attention would have followed her back to Alaska after the 2008 election had she not chosen to become a reality TV star, Palin said, "[the press is] going to talk about me if I'm in my little life in Alaska or in L.A., so I might as well have fun."

Is there anything she does enjoy about the media attention?

She evasively answered the question with her own question. "Do I like to provide for my son? Yes, I do," she said.

AMBER RAY/METRO WORLD NEWS

Good vs. evil in the Dark Knight

Spoiler alert. Confused on who's who in the Dark Knight Trilogy? Here's the main heroes and villains that you'll need to know

MICHELLE CASTILLO
Metro World News

Villains

Henri Ducard/Ra's al Ghul: (Liam Neeson in *Batman Begins*, *The Dark Knight*, *The Dark Knight Rises*): A member of the League of Shadows who takes Bruce Wayne in and trains him in their ninja ways, later revealing himself to be the head of the organization

Dr. Jonathan Crane/The Scarecrow: (Cillian Murphy in *Batman Begins*, *The Dark Knight*, *The Dark Knight Rises*): A deranged psychologist who



Marion Cotillard as Miranda Tate
a.k.a Talia al Ghul. WARNER BROTHERS



Bane, played by Tom Hardy, left, faces off with Batman, played by Christian Bale, in the *Dark Knight Rises*. WARNER BROTHERS

takes pleasure in mentally torturing his patients and is later seen handing down judgment in a kangaroo court for the wealthy and privileged after anarchy erupts in Gotham.

Joker: (Heath Ledger in *The Dark Knight*): A pure agent of chaos who proves himself to be Batman's greatest foe because of his lack of rational motive.

Harvey Dent/Two-Face: (Aaron Eckhart in *The Dark Knight*): A nasty accident with gasoline and the senseless killing of his fiancé Rachel Dawes turned Gotham's "White

Knight" into a revenge-seeking murderer.

Miranda Tate/Talia al Ghul: (Marion Cotillard in *The Dark Knight Rises*): Tate seems to be one of Bruce Wayne's supporters who helps him manage Wayne Enterprises after all goes wrong, but she later reveals herself to be Ra's al Ghul daughter.

Bane: (Tom Hardy in *The Dark Knight Rises*): Brute strength trained by the League of Shadows, he's not only Gotham's reckoning, but the man who broke the Bat.

Carmine Falcone: (Tom Wilkinson in *Batman Begins*): The head of Gotham's crime syndicate who makes the mistake of partnering with Dr. Crane.

Heroes

Bruce Wayne/Batman: (Christian Bale in *Batman Begins*, *The Dark Knight*, *The Dark Knight Rises*): A billionaire playboy turned crime-fighting vigilante.

Alfred Pennyworth: (Michael Caine in *Batman Begins*, *The Dark Knight*, *The Dark Knight Rises*): Wayne's loyal butler

Box office

- The *Dark Knight Rises* stayed atop the box office for the second straight weekend, making just over \$64 million. But it's lagging behind the numbers of its predecessor.
- The trilogy has now grossed more than \$289 million in its first 10 days in theatres.



Joseph Gordon-Levitt as officer John Blake.
WARNER BROTHERS

and Batman's most trusted confidant.

Lucius Fox: (Morgan Freeman in *Batman Begins*, *The Dark Knight*, *The Dark Knight Rises*): The CEO of Wayne Enterprises and the man who gives Batman all of his high-tech gear.

Rachel Dawes: (Katie Holmes in *Batman Begins*, *Maggie Gyllenhaal* in *The Dark Knight*): Bruce Wayne's first love who couldn't love him back while he was the caped crusader.

Detective/Lt./Commissioner Jim Gordon: (Gary Oldman in *Batman Begins*, *The Dark Knight*, *The Dark Knight Rises*): Batman's loyal ally in the police force.

John Blake: (Joseph Gordon-Levitt in *The*

Dark Knight Rises): A police officer-turned-detective that helps save Gotham while Batman is indisposed, Blake – first name Robin – is given the coordinates to the Batcave, and presumably Batman's legacy.

Selina Kyle/Catwoman: (Anne Hathaway in *The Dark Knight Rises*): A cat-like burglar who, despite her seemingly crooked ways, steals Batman's heart.

Thomas Wayne and Martha Wayne: (Linus Roache and Sara Stewart in *Batman Begins*): Bruce Wayne's parents, who were brutally murdered in front of him.

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Dane Cook

Cook over the line with Batman shooting quip

Dane Cook learned the hard way that a week is probably not enough time to wait before making light of a tragedy. The comedian has taken to Twitter to apologize for making a joke about the Aurora, Colo., movie theater shooting, during which 12 people were killed when a gunman opened fire at a Dark Knight Rises screening.

"So I heard that the guy came into the theater about 25 minutes into the movie. And I don't know if you've seen the movie, but the movie is pretty

much a piece of crap," Cook said during his set at L.A.'s Laugh Factory, according to Daily Caller.

"I know that if none of that would have happened, pretty sure that somebody in that theater, about 25 minutes in, realizing it was a piece of crap, was probably like, 'Ugh, f—ing shoot me.'" News of the joke caused an immediate uproar, prompting Cook to post to Twitter, "I am devastated by the recent tragedy in Colorado and did not mean to make light of what happened. I made a bad judgment call with my material last night and regret making a joke at such a sensitive time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Stewart affair was not a one-time deal

THE WORD

Monica Weymouth
scene@metronews.ca

Kristen Stewart apologized for her "momentary indiscretion" with director Rupert Sanders, but it seems there is more to the story than the one-day fling that Us Weekly crashed last week.

According to Leopold Ross — the brother of Sanders' wife, Liberty Ross — the affair began last fall during the filming of Snow White and the Huntsman, which Sanders directed and Stewart starred in. "(Liberty) made some sacrifices for something she thought was worth it, now she knows, right?" Leopold tells UK newspaper The People. "Doubt it was worth it but it's life. It might actually make things better in the long run. She wasn't that happy for a while, but our family is close, she'll be all right."

Pattinson, apparently, suspects Kristen is holding back. "Rob wants to have a



man-to-man chat with Rupert to find out exactly what happened between him and Kristen," a source tells RadarOnline. "Kristen has already betrayed his trust by cheating, so he can't be sure that she will tell him exactly what went on between her and Rupert. The director has a wife and family to save, so Rob feels like he has nothing left to lose and would be honest with him."

Rob, before you get what's shaping up to be a rough play-by-play, we encourage you to remember this: You are Robert Pattinson and are surrounded by Hollywood starlets with less than nothing to lose. Choose your chat wisely.



Kate Middleton

Royal baby still just rumour

A British Member of Parliament has suggested that Kate Middleton is pregnant, but it looks like nothing more than a case of wishful thinking.

"I think Kate Middleton is pregnant — and that would be good for the economy, MP Clair Perry said during an

address at a school Friday, according to the Daily Mail.

But the Duchess of Cambridge herself doesn't seem to have gotten the news, as Middleton was spotted the same day looking slim and sipping wine at an Olympics reception.

Twitter



@Joan_Rivers

Fifty years ago, the Rolling Stones played their first gig! And 250 years ago, Mick Jagger and Keith Richards were born.



@KellyRipa

I could watch The Real Housewives Top 20 Reunion Moments everyday for the rest of my life.



@rickygervais

Freedom of speech is a right. Being listened to, being taken seriously or being respected for what you say, is not. Get over it.



@SethMacFarlane

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3
LIFE

Oh no, my child bullied...

Opinion ...another child with special needs, unknowingly. What would you do?

LINDSAY
CROSS
mommyish.com

My daughter is not a mean-spirited child. I realize that every parent who has ever existed believes this and I don't care. My little girl is a sweet child.

That being said, she's also a kid and there are things that she doesn't understand or hasn't been exposed to yet. And the first time that she encounters something new, there's the possibility that her strong voice or curious nature can lead to difficult circumstances. This was one of those times.

Brenna has attended the same daycare since she was a month old. Her provider normally has about six or eight children at a time of varying ages. And one family that my daughter has grown up with has a daughter with special needs.

I'm not exactly sure what Sarah's specific medical diagnosis is (I've changed her name here). I know that she has physical limitations and wears a back brace.

She's in late elementary school but has the comprehension and speech of a toddler. Sarah is normally a sweet child who has a tendency to invade personal space and misunderstand her own strength, but generally just wants to make people happy.

In the beginning, my daughter simply didn't understand that Sarah was different from other kids. When they were younger, it didn't matter.



One mom's daughter bullied someone with special needs / THINKSTOCK

Quote

"In the beginning, my daughter simply didn't understand that Sarah was different from other kids. This year, however, she became old enough to question the situation."

This year, however, my daughter finally became old enough to start questioning the situation.

One day, while the kids were playing, my inquisitive girl started asking why Sarah wore a diaper, eventually saying: "You're too big for a diaper. Babies wear diapers, Sarah. You can't wear a diaper unless you're a baby."

Sarah's feelings were understandably hurt. She started crying. Brenna remained confused.

It's hard for children to understand the effect their words can have.

At home, we had a long talk about special needs and disabilities. But about

a week later, she asked why Sarah "looked funny" when she ran. She asked why she played with baby toys.

My teacher mother advised me to explain that "everyone has special needs. Some are things that doctors and teachers can help us fix, and some things they can't."

I got ready for our next talk, armed with a new more explanatory strategy. I tried to keep my voice calm, so that I didn't sound angry or condemning. She got impatient with all of the explaining I was doing.

She suggested that we just draw her a card to say, "I'm sorry," and call it a day half-way through my planned lecture. I compromised by helping with the card but continuing the conversation as we coloured.

The good news is that my daughter hasn't had problems in a week. We'll have lots more talks about bullying with my daughter. It's a subject that no parent can afford to ignore.

But I have to admit, I never guessed that our first talk would cast my daughter as the aggressor.

On the Web



New report shows girls more likely to be bullied in school and online

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The quintessential summer side dish gets fully loaded

No outdoor summertime feast is complete without some version of potato salad. In this recipe, it is flavoured with chili power, Dijon mustard, bacon and Monterey Jack cheese.

1. In a large pot filled with cold water, place diced potatoes. Bring water to a boil and cook potatoes until tender when pierced with

Ingredients

- 1 kg (2 lb) Yukon Gold potatoes, peeled and cut into medium chunks
- 50 ml (1/4 cup) mayonnaise
- 250 ml (1 cup) sour cream
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) chili powder, plus more for garnish
- 5 slices bacon, cooked and crumbled
- 125 ml (1/2 cup) finely diced red pepper
- 125 ml (1/2 cup) finely chopped green onions, divided
- 50 ml (1/4 cup) plus 5 ml (1 tsp) Monterey Jack cheese, divided



This recipe serves 10. THE CANADIAN PRESS H/O

a fork, 18 to 20 minutes. Drain and cool.

2. Meanwhile, in a large bowl, combine mayonnaise, sour cream, mustard and chili powder. Add cooled po-

tatoes and gently toss. Add bacon, red pepper, 50 ml (1/4 cup) of the green onions and 50 ml (1/4 cup) cheese and gently toss again.

3. Cover and chill until

cold, about 20 minutes.

4. Garnish with remaining green onions, cheese and a sprinkle of chili powder.

THE CANADIAN PRESS/ SOBEYS, INSPIRED.CA

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Although you may associate chicken with being healthier than beef, you also have to consider the cooking method.

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Chicken is lower in fat and calories than beef but not when it's deep fried. Add light mayo and bacon and you have half your calories and fat for the day.



Equivalent

A Crispy Chicken Burger from Harvey's with light mayo, spicy mesquite sauce, bacon, pickles, lettuce, tomatoes and onions on a bun is equivalent to eight tablespoon of butter in calories.



Harvey's Original Cheeseburger

504 calories / 23 g fat (11 g saturated) / 1,428 mg sodium

A better option is a cheeseburger with non-fat condiments like ketchup and mustard, with pickles, lettuce, tomatoes and onion.



Potato salad goes Italian



This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. In a small bowl, whisk together the remaining 6 tablespoons of olive oil, garlic, vinegar, sugar and mustard. Once the onions, salami and potatoes have cooled, add the potatoes to the onion mixture. Add the provolone and cherry peppers, then drizzle the dressing over

everything and gently stir until well mixed and evenly coated. Season with salt and pepper.

4. Refrigerate for at least 2 hours to allow the flavours to meld.

THE ASSOCIATED PRESS

Ingredients

- 2 large sweet potatoes, peeled and cubed
- 2 large russet potatoes, cubed
- 1/2 cup olive oil, divided
- 2 large yellow onions, sliced
- 2 tbsp chopped rosemary
- 5 oz salami, chopped
- 2 cloves garlic, finely minced
- 1/4 cup balsamic vinegar
- 1 tbsp sugar
- 1 tsp Dijon mustard
- 1/2 cup chopped picante provolone cheese
- 1/2 cup chopped cherry peppers
- Salt and black pepper



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TO ENTER

e one

This year, take a basic vinegar potato salad to the next level by adding all the trimmings you'd typically expect on an Italian grinder.

The funny thing is, some people like their grinders with vinegar, some prefer mayonnaise. And you can have it your way with this salad, too. If you'd prefer a creamy version, substitute 1/2 cup mayonnaise for the 1/4 cup of vinegar and 6 tablespoons of oil used for the dressing in this recipe. You'll still need 2 tablespoons of oil for the onions.

1. In a pot, combine sweet potatoes and russet potatoes. Add enough water to cover by 1 inch. Bring to a boil and cook until just tender, about 15 minutes. Drain and spread out on a rimmed baking sheet to cool.

2. In skillet over medium-high, heat 2 tablespoons of olive oil. Add onions and rosemary, then sauté until browned, about 15 minutes. Transfer onions to a bowl, then return skillet to heat. Add chopped salami and sauté until browned at edges and beginning to crisp, about 5 to 7 minutes. Add to onions.

Good job. Males settling in to a female-fronted industry that pays well

Pink collar jobs, while not top-earning careers, are typically well-paid jobs, many of which do not need long-term education which can get costly. The median annual wage of a nurse in May 2010 was \$64,690 in the United States.

According to PayScale.com the U.S. average hourly rate of a nanny is \$8 to \$17 an hour, which is well above minimum wage for many cities.

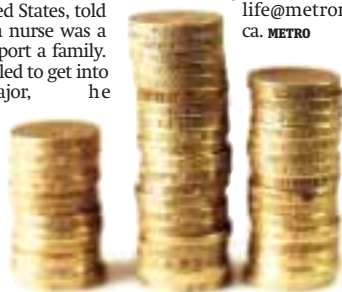
When Mark Bala, an operating room nurse in the Philippines, was in high school and had to declare a major for college, he immediately put down nursing. His grandfather, who lived in the United States, told him that being a nurse was a good way to support a family. But, after Bala failed to get into the popular major, he chose a different career path and ended up as a research assistant for an environmental firm for a year and a half.

Then, Bala found out he

had to undergo major surgery. A college friend who had graduated with his 2001 class who had returned to school to pursue nursing encouraged Bala to re-enroll after he recovered. His aunt also broached the idea because she noticed that nursing was become a popular career in the both in the United States and the Philippines.

"Our family wasn't that well to do," he explained. "It was love for the family. I just wanted to have a better future for my family."

What do you think? Does it matter which sex does which job? Write to us at life@metronews.ca. **METRO**



Work culture. Are men discriminated against?

Just because there are more men taking pink collar jobs doesn't mean that both men haven't noticed that their gender hasn't played a role in how people treat them. The male nurse interviewed above, Jeffrey Peralta, who is a homosexual man, says he often feels dominated by the women in his job.

He said he doesn't speak up because he's often afraid of retaliation.

"I feel that I have been passed up on promotions because of favouritism between female staff nurses and members of upper management who are also women, despite the excellent care that I give to

my patients," Peralta said.

"I have always felt that I have been part of the minority in my personal life, and my role in my professional life is no different."

Mark Bala, an operating room nurse in the Philippines, stated that the public normally doesn't have a problem accepting the fact that he's a male nurse. He has noticed, however, that some doctors prefer female nurses over male nurses.

"I know one doctor who's always hot tempered when one of his team is a male nurse," he said. "If a female nurse is assisting him he's very calm and his demeanor changes."

METRO

Doctor? No, I'm a 'murse'

Careers. Welcome to the world of the male nurse. More men are taking pink collar jobs stereotypically reserved for women

MICHELLE CASTILLO
life@metronews.ca

Jeffrey Peralta is a nurse who works in pediatric care at the Children's Recovery Center of Northern California (CRC), as well as a pediatric primary and urgent care nurse at the Santa Clara Valley Medical Center, East Valley Clinic near San Jose, Calif.

"There is a spectrum of reactions that I get when I tell people that I am a nurse," Peralta tells us.

"One of my favourites is, 'Why didn't you just become a doctor?' There are people who also look at nursing in a different light and respect my profession as an esteemed role within the medical model."

At one point, people might have questioned his career choice for a different reason: the fact that he's a 25-year-old man in a typically female profession.

But, he's actually joining a growing number of American men who are taking up pink collar jobs — careers typically dominated by women.

According to a recent New York Times' analysis of U.S. census data, one-third of all job growth for men between 2000 and 2010 occurred in careers that were more than 70 per cent female.

One of the most stereotypical pink collar jobs is nursing. Male nurses are often given the nickname 'murse,' but with slowly increasing numbers that may change.

The U.S. Bureau of Labor Statistics reported that in 2011, 290,000 of nursing, psychiatric, and home



I'm not a doctor, I'm a murse / THINKSTOCK.COM

health aides were men and 1,900,000 were women. Looking at the nursing field specifically, the Health Resources and Services Administration — which publishes data on nurses in the United States every four years — said 6.6 per cent of the nurses in the United States in 2008 were males.

When you take into account that there were just about 45,000 registered male nurses in the 1980s and about 168,000 registered male nurses as of 2008, it's a giant leap. While the overall increase of men who are taking pink collar jobs has only been proven in the U.S., several other countries are seeing more men choosing certain pink collar occupations.

In the U.K., 52 per cent

Quoted

"There is a spectrum of reactions that I get when I tell people that I am a nurse," Peralta tells us. One of my favourites is, 'Why didn't you just become a doctor?'

more men applied to teach primary school students and now make up 30 percent of the applicants, according to Training and Development Agency for Schools.

As for nursing, 13 per cent of the University of Calgary's fall 2011 nursing program was male, the highest number of men they've seen interested in the course.

According to the Canadian Nurses Association, male nurses have doubled in the last decade and now make

up six per cent of the workforce. The Australian Institute of Health and Welfare also reported an increase of male nurses from 7.9 per cent of the workforce in 2005 to 9.6 percent of the workforce in 2009. On Peralta's team at CRC, seven members of the group are men whereas the other 29 members are women.

Numbers are similar in his other job where he is one of the four men out of the 19-person team.

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Learning how to 'like' social media

Face the Book. Lisa Larter is helping the world get familiar with the web



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Lisa Larter calls herself The Accidental Expert.

"One day the 'F' word showed up on my Blackberry and I thought 'Oh God, now I'm going to have to learn Facebook.' I thought it was just for kids and cheating spouses."

As she began to navigate her way through the emerging world of social media she knew she was onto something.

Larter went to a networking luncheon and was astonished when someone told her she would pay if Lisa showed her how Facebook and Twitter worked. After introducing a



Lisa Larter, founder and CEO of The Lisa Larter Group. PROVIDED

beginner's course, ten people signed up immediately.

Four years later Larter's consulting business has multiple six figure sales, her retail phone store is doing over one million a year and she owns three houses.

The key to Larter's success? Keeping her eyes open for new opportunities and then going

for it.

"There has never been better time to be in business because we've never been able to access people like we can today.

Act in spite of your fear because when you push through it, there's magic on the other side."

Giving back

The Ultimate Kindness Project

- Larter is passionate about helping single mothers because she saw the challenges her own Mom went through. Lisa recently created The Ultimate Kindness Project and through the magic of social media is raising money to help a single foster mom of a child with special needs.

- To learn more go to ultimatekindnessproject.com

Moola motto

Lisa Larter's C.A.S.H. Model

- C. Courage:** Take a risk and take action or your idea will always be a dream
- A. Aptitude:** Invest in yourself because you need the right skills and tools to be

successful

- S. Self-confidence:** Confidence comes from courage and gaining the aptitude you need to become successful.
- H. Habits:** You need strong

habits for your business to grow. Systems, routines and getting things done make a tremendous difference in the results you accomplish.

For more info go to: lisalarter.com

Firing the fallacies

He said, she said. How to overcome gender stereotypes in the office

Gender stereotypes can be a severe hindrance to your work. They can also distract from serious issues and affect a person's comfort level. "Women who unwittingly adhere to gender stereotypes are less likely to be taken seriously for their abilities and contributions," explains Lahle Wolfe, About.com's Guide to Women in Business. It's time to stop stereotypes in their tracks and move forward.

Where to begin? "Be excel-



Don't give stereotypes a reason to survive. ISTOCK

lent," insists Brenda Fiala, Strategy SVP at Blast Radius. "Set for yourself an expectation of delivering excellent work, and strive to do it positively and consistently," she says.

When you're a good employee it gets noticed, regardless of sex. "Your role," explains Wolfe, "is to contribute to the

success of the business. If you are not doing that first, you will be hard-pressed to blame gender discrimination."

Many professionals stress the importance of an appropriate wardrobe. If you want to be seen as a vital contributor to the company, you'd better look the part. "Dress professionally, not for going out," says Fiala. "Professional attire that you are comfortable in builds confidence." This doesn't mean dress like a man — it means keep it clean.

"To break a stereotype you have to live outside it first," says Wolfe. Observe and understand what stereotypes you may be falling into and make them a thing of the past.

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Piercy learns to love golf course on his way to title

Golf. American wins Canadian Open by one shot at course that demanded 'boring golf'

As it turns out, there is nothing boring about a victory at golf's third-oldest championship.

Or a cheque for \$936,000 US.

Or a trip to the Masters.

Scott Piercy learned to love Hamilton Golf and Country Club in Ancaster, Ont., just a little bit more Sunday while pulling off a comeback victory at the RBC Canadian Open. The man who entered the weekend bemoaning the "boring golf" he was forced to play on a classic layout ended up being all smiles when the trophy was presented.

"At the end of the week if the score is good, it is exciting," said Piercy. "So I'm pretty excited."

The Las Vegas native closed with a 3-under 67 to edge William McGirt (69) and Robert Garrigus (70) by a shot.

Those men spent the final day locked in a see-saw battle and each of them found their name atop the leaderboard at one point.

Home-grown talent

DeLaet top Canadian

Graham DeLaet's final round at the RBC Canadian Open was over before the leaders even teed off, but he didn't go home empty-handed from his national championship.

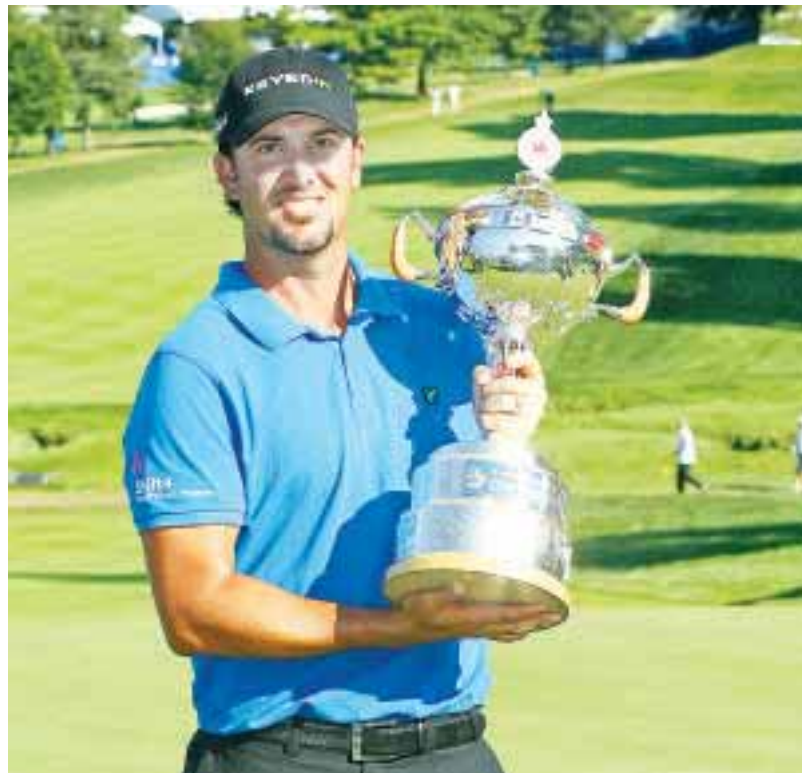
The golfer from Weyburn, Sask., closed with an even-par 70 at Hamilton Golf and Country Club on Sunday to claim the Rivermead Cup as low Canadian at the event.



Graham DeLaet. THE CANADIAN PRESS

Piercy's winning score of 17-under 263 matched the tournament scoring record established by Johnny Palmer at Winnipeg's St. Charles Country Club in 1952.

THE CANADIAN PRESS



Scott Piercy poses with the championship trophy Sunday after winning the Canadian Open at Hamilton Golf and Country Club in Ancaster, Ont. HUNTER MARTIN/GETTY IMAGES

Long ball ruins solid outing from Cecil



Anthony Gose steals second as Omar Infante receives the ball in the fifth inning Sunday in Toronto. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Home runs continue to be a problem for Toronto Blue Jays left-hander Brett Cecil.

This time it was a three-run shot by Jhonny Peralta in the second inning Sunday as the Detroit Tigers defeated the Blue Jays 4-1 to avoid a three-game sweep.

Peralta also hit a solo homer against reliever Joel Carreno in the ninth to back Doug Fister's eight strong innings.

Cecil (2-4) has allowed nine home runs in his eight starts since returning from the minors and Peralta's sabotaged a decent outing in

Important trip

The Blue Jays finished a six-game homestand at 3-3 and now travel to Seattle, Oakland and Tampa Bay for 10 games that might go a long way to deciding whether they will remain a contender for a wild-card spot in the American League.

which he allowed four hits, three walks and three runs while striking out seven in 6 2/3 innings.

"I'm not going to change

anything," Cecil said. "I don't care how they get the runs. It doesn't matter as long as I keep my team in it."

The victory snapped Detroit's three-game losing slide, with the last two coming in Toronto, and ended the Blue Jays' three-game winning streak.

"I thought Brett did his job keeping us in the game, particularly after the three-run homer in the second. He settled down," Toronto manager John Farrell said. "I think overall in the series we pitched very well."

THE CANADIAN PRESS

Mobile sports



Nobody expected Andrew Luck to be perfect on Day 1. He wasn't. The former Stanford star, drafted first overall, threw two interceptions, one off a tipped ball. But Luck drew praise from his new coach, his new team owner and the usually reserved Tony Dungy after his first full-speed workout with the Colts. He completed 27 of 32 attempts, making it look easy too. Scan the code for the story.

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Golf

Couples wins Senior Open

Fred Couples won the Senior British Open by two strokes over Gary Hallberg on Sunday after shooting a 3-under 67 in the final round. The 1992 Masters champ sank a 25-foot birdie putt on the last hole to hang on.

THE ASSOCIATED PRESS



Fred Couples GETTY IMAGES

Formula 1

Hamilton rules race in Hungary

Lewis Hamilton won the Hungarian Grand Prix on Sunday, prolonging McLaren's dominance on the slow and winding Hungaroring circuit.

It was McLaren's sixth win there in eight years and Hamilton's second this season. THE ASSOCIATED PRESS



BELIEVE
IN YOUR
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Diving pair get Canada on the board



Emilie Heymans, front, and Jennifer Abel compete in the three-metre springboard final on Sunday. MICHAEL SOHN/THE ASSOCIATED PRESS

Synchronized diving. Heymans' medal haul reaches historic proportions after bronze win with partner Abel

Her career was forged over more than two decades of training, of six-hour sessions, of 80 dives a day, five days a week.

If Emilie Heymans decides to retire after the London Olympics, she's going out in fitting fashion.

The St. Lambert, Que., diver captured Canada's first medal of the Games with partner Jennifer Abel on Sunday, launching herself into the history books in the process.

The Canadians won bronze in the three-metre synchronized event, a result that makes Heymans the first female diver and first Canadian summer Olympian to reach the podium in four consecutive Olympic Games.

"I couldn't have ever imagined diving in four Games, or being in this position at 30," Heymans said.

Heymans won silver in the 10-metre synchro in 2000, bronze in the same event in Athens in 2004, and a silver in the 10-metre individual event four years ago in Beijing.

Heymans and Abel had silver in their sights Sunday, sitting in second place behind Chinese world champions Minxia Wu and He Zi after the first dive. But they were jostled by television cameras when they were practising on the

Breaking through

A medal on Day 2 of full day of competition is good news for a Canadian team aiming for a top-12 finish overall, and takes some pressure off the rest of the squad.

- Canada went seven days without a medal in Beijing before the men's rowing pair and wrestler Carol

Huynh ended the drought on Day 8 with silver and gold, respectively. Wrestler Tonya Verbeek also added a bronze that day.

- In 2004, Heymans and partner Blythe Hartley's bronze was the lone medal in the opening seven days.

pool deck before their second dive — a moment Heymans said burst their bubble of focus.

They were noticeably out of sync on the board in Dive 2 — a forward dive in pike position, normally an easy feat for the duo — and fell to fifth place.

"I think both of us, in our head it was like: 'What's going on, what's going on?'" Heymans said.

"But after we were able to calm down and come back to the competition and we know it's never over until the

last dive."

Heymans and Abel, a 20-year-old from Laval, Que., battled back to win bronze with 316.80 points. Wu and Zi of China led from start to finish to take the gold with an overall score of 346.20. Americans Kenci Bryant and Abigail Johnston captured silver with 321.90.

Heymans, who is also competing in the individual three-metre springboard event in London, will decide her future following the Games.

Twitter response



first medal for Canada, and Em's career 4th!! #GoCanada."

Canadian kayaker Adam van Koeverden (@vankayak), himself a three-time Olympic medalist who will be looking to get to the podium again in London



up Canada's first medal. Great job! #GoTeamCanada."

Tennis player Milos Raonic (@milosraonic), who had his first-round match rained out on Sunday, but that didn't stop him from recognizing the accomplishment

She said she might dive one more year. It won't be an easy decision for a woman who has trained at least 20 hours a week since she was seven.

"Actually sport is my entire life, it's what I've been doing since I was six years old. I think I'm going to carry this baggage for the rest of my life," she said, meaning it in a good way.

A child of sporting parents — dad Eric played soccer in Belgium, and mom Marie-Paule Van Eyck competed in Montreal's 1976 Olympics as a member of the Belgian fencing team — the diver was originally a gymnast who was told by coaches she was too tall for that sport.

Her parents encouraged her to try diving.

"At first I didn't want to try. I didn't even want to go to the pool because I loved gymnastics, so I didn't want to quit and I hate being wet, I hate being in the water and I'm always cold," she said.

THE CANADIAN PRESS



on winning Canada's 1st medal. With Emilie winning 4th medal in 4th Olympics!"

Jennifer Heil (@JennHeil), two-time Olympic medalist in moguls skiing

Van Beilen bounced from 100m final in swim-off

Another day, another drama for Canada's swim team at the Olympic Games.

Tera Van Beilen of Oakville, Ont., made her Olympic debut in the 100-metre breaststroke Sunday, and had to compete in one more race than she'd expected.

The 19-year-old had a swim-off against Alia Atkinson of Jamaica late in the evening, when the Aquatic Centre stands had largely emptied, to determine who would claim the eighth spot in Monday's final.

The two women had identical times and finished tied for eighth in the semifinal, requiring a rare head-to-head almost two hours later to solve the deadlock. Atkinson prevailed, dropping Van Beilen to ninth and one spot out of the final in her third race of the day.

"It was mentally hard coming off a race and knowing you had to do it again," Van Beilen said. "I feel blessed for the opportunity to have swum again.



Canada's Tera Van Beilen reacts to Sunday's loss. THE CANADIAN PRESS

It wasn't how I would have liked it to turn out. I gave it everything I had."

It was the second strange turn of events for Canada in as many days. Ryan Cochrane thought he would race in the men's 400 freestyle final Saturday, but a disqualification of world and Olympic champion Park Tae-hwan in the heats was reversed.

Quoted

"I tried to get my head in the right place. It was a hard turnaround."

Tera Van Beilen on Sunday's swim-off

That bumped the Victoria swimmer from the final eight and out of the running for a medal. Cochrane will get another chance in Saturday's 1,500-metre freestyle, which is a distance he won Olympic bronze in four years ago.

Canada emerged from the opening weekend of swim competition still looking for a medal. Their goal is three medals and swimmers in 13 to 15 finals.

Toronto's Brittany MacLean was the first to make a final Sunday. The 18-year-old was seventh in the women's 400-metre freestyle, a promising result for a teenager in her first Olympics. THE CANADIAN PRESS

Boxing

Nova Scotia's Clayton makes statement vs. Mexico's Molina

Custio Clayton notched Canada's first Olympic boxing win in eight years on Sunday, earning a 12-8 decision over Mexico's Oscar Molina.

Clayton avenged a loss at the 2010 Pan-American championships to Molina, the brother of 2008 U.S. Olympian Javier Molina.

"I think I did amazing," said the Dartmouth, N.S., native.

"All the hard work has paid off."

THE ASSOCIATED PRESS



Custio Clayton, right, fights Oscar Molina on Sunday. GETTY IMAGES

Beach volleyball. Canada falls to Britain in opener

Annie Martin of Sherbrooke, Que., and Marie-Andree Lessard of Ville LaSalle, Que., lost their opening preliminary-round match 17-21, 21-14, 15-13 to Britain's Zara Dampney and Shauna Mullin in women's beach volleyball Sunday.

After struggling in the second set, Martin and Lessard appeared to have regained their first-set touch, gaining and 8-5 lead in the third. But the British pair scored six of the next seven points and didn't relinquish the lead again.

"It's unfortunate the match

didn't go our way," Martin said. "It was a good match, we had our moments but we made more errors than usual."

On the winning point, Martin's block on a Dampney smash went wide, sending the 15,000 pro-British crowd into a frenzy.

Martin and Lessard enjoyed a great start to the match and built a lead as high as six points midway through the first set.

But it was the complete reverse in the second set, where Dampney and Mullin led from the start.

THE CANADIAN PRESS



Marie-Andree Lessard of Canada reaches for a ball against Great Britain in London on Sunday. DAVE MARTIN/THE ASSOCIATED PRESS



2012 LCBO BREWMASTERS CUP



U.S. forward Kevin Durant dunks on Sunday. GETTY IMAGES

Basketball. Durant the offensive catalyst as U.S. tops France in tournament opener

Kevin Durant finished with 22 points as the United States powered home after a sluggish start in a 98-71 win over France on Sunday on the opening day of the men's Olympic basketball tournament.

The U.S. team, loaded with NBA stars and a heavy favourite to defend its title, struggled early and was leading by only one point at the end of the first quarter.

Quoted

"That team is like a Gemini. They have two faces, a nightmare-nightmare."

French power forward Ronny Turiaf

A 30-15 second quarter was the beginning of the end for France, which is led by San Antonio Spurs guard Tony Parker and has five other NBA players, the most in any squad apart from the United States.

In the second half, the Americans produced enough alley-oop passes and dunks to draw oohs and aahs from the crowd and subdue the French.

"They're going to be very, very tough to beat," Parker said.

THE ASSOCIATED PRESS

Soccer**Loss to Honduras ends Spain's Olympic hopes early**

Medal favourite Spain was eliminated from men's Olympic soccer Sunday in another 1-0 upset loss after Honduras forward Jerry Bengtson scored an early goal.

Spain had hoped to hold three major titles at once after winning the 2010 World Cup and 2012 European Championship.

Now, if Spain doesn't score in its final match against Morocco, it will finish without a goal, after losing 1-0 to Japan on Thursday.

THE ASSOCIATED PRESS



Spain's Juan Mata on Sunday.

THE ASSOCIATED PRESS

French get payback in relay win over U.S.

Swimming. Agnel chases down American star Lochte in final leg to steal gold medal

Ryan Lochte grabbed at the edge of the pool, head down, staring at the water. Michael Phelps glared at the scoreboard, trying to digest the first silver medal of his Olympic career.

Right beside them, the French celebrated.

It was just like 2008 but with the roles reversed.

This time, it was France chasing down the United States — and Lochte, no less — to win another riveting relay at the Olympics.

"We got our revenge," French swimmer Clement Lefert said.

With Phelps looking much stronger than he did the night before, the Americans built a commanding lead over the first three legs of the 4x100-



From left, France's Clement Lefert, Amaury Leveaux and Fabien Gilo celebrate winning the men's 4x100-metre relay on Sunday. MARK J. TERRILL/THE ASSOCIATED PRESS

metre freestyle relay Sunday and never really had to worry about the defending world champions from Australia.

When Lochte dove into the water on the anchor leg, he was a half-body length ahead of the field and looking to add another gold to his dominating victory Saturday in the 400 individual medley.

Not so fast.

Or, should we say, not fast enough.

Yannick Agnel, playing the

chaser role, sliced through the water and was right on Lochte's shoulder as they made the flip at the far end of the pool. With about 25 metres to go, they were stroke for stroke. But Lochte, who had already competed in 1,200 metres of racing over the first two days, simply didn't have enough left to hold off the towering, 20-year-old Frenchman, one of the sport's real rising stars.

"I gave everything in the last 50 until he cracked," Agnel said. "In the last 10 metres, I saw that he was really cracking."

Agnel touched in three minutes, 9.93 seconds, having gone exactly one second faster than Lochte over the last two laps. THE ASSOCIATED PRESS

MEDAL STANDINGS

Country	G	S	B	Total
China	6	4	2	12
United States	3	5	3	11
Italy	2	3	2	7
South Korea	2	1	2	5
Japan	0	2	3	5
France	2	1	1	4
Russia	1	0	3	4
North Korea	2	0	1	3
Australia	1	1	1	3
Brazil	1	1	1	3
Hungary	1	1	1	3
Kazakhstan	2	0	0	2
Netherlands	1	0	0	2
Britain	0	1	1	2
Also				
Canada	0	0	1	1

BASKETBALL**MEN****Sunday's results**

Brazil 75 Australia 71
Nigeria 60 Tunisia 56
Russia 95 Britain 75
Spain 97 China 8
United States 98 France 71
Argentina vs. Lithuania

WOMEN**Saturday's results**

Russia 58 Canada 53
China 66 Czech Republic 57
Turkey 72 Angola 50
United States 81 Croatia 56
Monday's games — All Times Eastern
Croatia vs. China, 4 a.m.
Czech Republic vs. Turkey, 6:15 a.m.
France vs. Australia, 9:30 a.m.
Russia vs. Brazil, 11:45 a.m.
Britain vs. Canada, 3 p.m.
Angola vs. U.S., 5:15 p.m.

SATURDAY**RUSSIA 58, CANADA 53****CANADA (53)**

K.Phillips 2-3 0-0 4, T.Gabriele 0-2 0-0 5, S.Thorburn 1-5 5-6 7, C.Piliyapitis 2-12 0-0 5, K.Smith 6-9 3-6 20, M.Ayim 1-4 2-2 4, A.Tatham 0-1 0-0 0, N.Achonwa 2-7 1-2 3, L.Murphy 1-3 0-0 3, T.Tatham 1-4 2-2 4, C.Aubry 1-1 0-0 3, Totals 16-51 13-18 53
RUSSIA (58)
O.Arteshina 1-6 0-0 2, E.Belyakova 0-1 2-2 2, N.Vodopyanova 1-4 1-2 3, M.Kuzina 0-0 0-0 0, A.Danilochkina 4-9 0-0 10, B.Hammon 6-18 2-2 14, I.Korstin 1-2 0-0 2, N.Vieru 4-8 1-2 9, I.Osipova 1-5 4-6 6, A.Petrakova 3-7 2-2 9, N.Zhedik 0-1 0-0 0, N.Grishaeva 0-0 1-1 1, Totals 21-61 13-19 58
Halftime—Canada 30, Russia 24. 3-Point

goals—Canada 8-19 (S.Thorburn 0-3, C.Piliyapitis 1-6, K.Smith 5-7, L.Murphy 1-2, C.Aubry 1-1) Russia 3-18 (O.Arteshina 0-3, E.Belyakova 0-1, A.Danilochkina 2-5, B.Hammon 0-5, A.Petrakova 1-3, N.Zhedik 0-1). **Fouled out—**Canada (K.Phillips). **Rebounds—**Canada 33 (T.Tatham 5) Russia 44 (I.Osipova 12). **Assists—**Canada 15 (S.Thorburn 6) Russia 12 (A.Danilochkina 6). **Total Fouls—**Canada 23 Russia 21.

SOCCER**MEN****Sunday's results**

Brazil 3 Belarus 1
Britain 3 United Arab Emirates 1
Egypt 1 New Zealand 1
Honduras 1 Spain 0
Japan 1 Morocco 0
Mexico 2 Gabon 0
Senegal 2 Uruguay 0
South Korea 2 Switzerland 1

WOMEN**Saturday's results**

Brazil 1 New Zealand 0
Britain 3 Cameroon 0
Canada 3 South Africa 0
France 5 North Korea 0
Japan 0 Sweden 0
United States 3 Colombia 0

SATURDAY**CANADA 3, SOUTH AFRICA 0****At Coventry, England**

Canada	1	2	3
South Africa	0	0	0

First Half

1. Canada, M.Tancredi, seventh minute

Second Half

2. Canada, C.Sindair, 58

3. Canada, C.Sindair, 86.

Yellow Cards — South Africa: P.Modise (53).

Referee — Christiana Pedersen, Norway.

WHAT CANADA DID

What Canada Did on Sunday at the 2012 Olympic Summer Games:

BOXING

Men's 69-kg class — Custio Clayton, Dartmouth, N.S. advanced to the second round with a 12-8 victory over Oscar Molina Casillas of Mexico.

CYCLING

Women's road race — Joelle Numainville of Laval, Que., placed 12th in three hours 35 minutes and 56 seconds — 27 seconds behind the winner; Denise Ramsden, Yellowknife was

27th (same time); and Clara Hughes, Glen Sutton, Que., 32nd (3:36:01).

DIVING

Women's three-metre synchronized springboard — Jennifer Abel, Laval, Que., and Emilie Heymans, St-Lambert, Que., won the bronze medal with a score of 316.80 points.

FENCING

Men's individual sabre — Philippe Beaudry, Montreal, lost his round-of-32 match to Dmitri Lapkes, Belarus, 15-10, 13-4:1.

GYMNASTICS

Women — Canada qualifies sixth place for team final with 167.696 points.

ROWING

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, placed third in their repechage race (6:30.74) and earned a semifinal berth.

Men's lightweight double sculls — Morgan Jarvis, Clearwater Bay, Ont., and Douglas Vandor, Devittville, Que., placed third in their race (6:42.59) and will go to the repechage.

Women's eights — Canada (Ashley Brzozowicz, London, Ont.; Krista Guloien, Port Moody, B.C.; Janine Hanson, Winnipeg; Darcy Marquardt, Richmond, B.C.; Natalie Mastracci, Thorold, Ont.; Andreanne Merin, Quebec City; Lesley Thompson-Willie, London, Ont.; Rachelle Vinberg, Regina; Lauren Wilkinson, North Vancouver, B.C.) advanced to the semifinals after winning their qualifying heat (6:13.91).

Women's lightweight double sculls — Lindsay Jennerich and Patricia Obee, both Victoria, placed fifth in their race (7:10.89) and will have to go through the repechage.

SWIMMING

Men's 200 freestyle — Blake Worsley, Vancouver, won his qualifying heat (1:48.14), but his time was not enough to earn a berth in the semifinals.

Men's 4x100 freestyle relay — Canada (Brent Hayden, Mission, B.C.; Colin Russell, Toronto; Richard Hortness, Medicine Hat, Alta.; and Thomas Gossland, Vancouver) finished fifth in their heat (3:16.42) and 10th overall, did not advance.

Women's 100 backstroke — Julia Wilkinson, Stratford, Ont., was seventh overall in qualifying (59.94), placed fifth in the semifinal (59.91) and did not advance; Sinead Russell, Burlington, Ont., was 13th overall in qualifying (1:00.10), did not advance.

Women's 100 breaststroke — Jillian Tyler, Calgary (1:07.81) and Tera van Beilen of Oakville, Ont. (1:07.85) placed 15th and 16th respectively in qualifying to advance to the semifinals.

Women's 400 freestyle — Brittany Maclean, Toronto, placed second in her heat and sixth overall (4:05.06) to earn a semifinals berth; Savannah King, Toronto, was seventh in the race (4:10.93) and did not advance.

TENNIS

Men's singles — Vasek Pospisil, Vancouver, lost in the first round to fourth-seeded David Ferrer of Spain, 6-4, 6-4.

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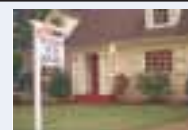
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Horoscopes

Aries

March 21 - April 20

Take what you hear with a large pinch of salt today. Someone will almost certainly try to mislead you but they can only succeed if you let them. If in doubt, follow your instincts — they're not often wrong.

Taurus

April 21 - May 21

Today's Sun-Pluto link means you will need to take care of something you should have taken care of a long time ago. You won't get a third bite of the cherry, so knuckle down and get it right.

Gemini

May 22 - June 21

The cosmic trends have been good to you in recent months but don't start thinking you can do as you please and get away with it. Money matters, especially, will need to be dealt with cautiously this week.

Cancer

June 22 - July 23

If there is something that is worrying you — and there undoubtedly is — you must share your fears with those you love and trust. You don't have to suffer in silence. You don't have to suffer at all.

Leo

July 24 - Aug. 23

Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

Virgo

Aug. 24 - Sept. 23

You may be tempted to break the rules to get ahead of a rival but the planets warn that's not a good idea. Even if it works in the short-term you will lose out in the long-term. It's all about trust.

Libra

Sept. 24 - Oct. 23

The grass may look greener on the other side of the fence but you should know by now that looks can be deceptive. Wherever you are at the moment is where you are supposed to be.

Scorpio

Oct. 24 - Nov. 22

A belief you have never questioned before will begin to worry you today. Could it be that it's incorrect? Could it be you have been looking at it from the wrong angle? Yes it could, so look again.

Sagittarius

Nov. 23 - Dec. 21

A relationship is now at a turning point and by the time Thursday's full moon comes around you will have made a fateful decision. Will it be the right one? It's right for you and that's what matters.

Capricorn

Dec. 22 - Jan. 20

Be nice to your rivals today. If nothing else it will confuse them and make them believe you have some dastardly plan up your sleeve. Confusion leads to mistakes; mistakes lead to opportunities.

Aquarius

Jan. 21 - Feb. 19

The approaching full moon is making you more touchy than usual and if you are observant you will notice that some people seem to be steering clear of you.

Pisces

Feb. 20 - March 20

Your trust in someone has gone through the floor and you doubt you will ever get back to where you were before. Maybe you're right but time is always a healer and deep down you still have feelings for them.

SALLY BROMPTON

Crossword: Canadiana

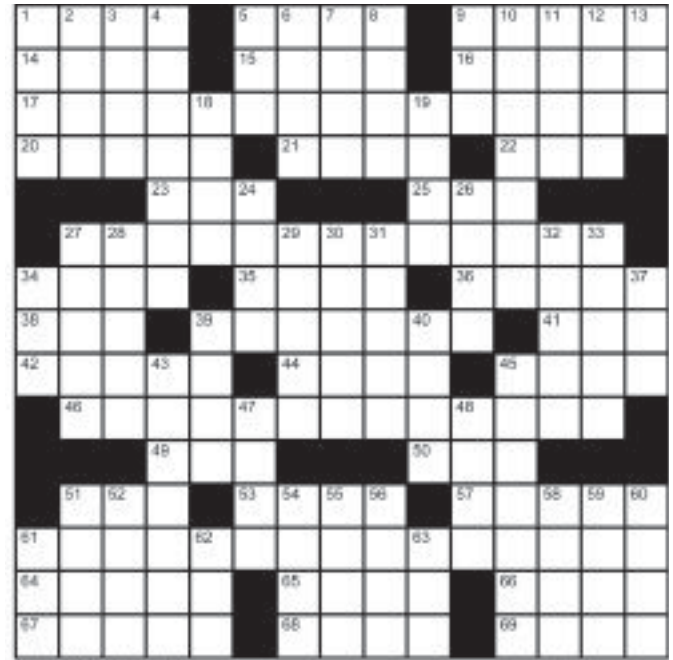
Across

1. Break suddenly
5. Canadiens, to fans
9. "My car got ___ tire, so I was late for work"
14. Animal den
15. Dip ___ in the water: test bath temperature
16. Belt's spot
17. They've won the Grey Cup 13 times
20. Garbage
21. Fiddler while Rome burned
22. Ump
23. Sixth sense
25. ___ Jones Average: stock indicator
27. BC, AB, and SK are here
34. Castle barrier
35. "Scat!"
36. Austin Powers player Mike
38. Encountered
39. Material for a film editor
41. Adversary
42. "___ to reach the operator": rotary phone instructions
44. "Good one!"
45. Fly high
46. Leader of the Conservative Party
49. NNW's opposite
50. Edmonton-born actress ___ Dawn Chong, daughter of Cheech's partner
51. Affirmative
53. Aching
57. Bites like a beaver
61. Scarborough, Ontario rockers with the hit "If I had \$1,000,000"
64. Foreign

65. Bring in a harvest
66. Jug for washing
67. Actress Witherspoon
68. "___ for the poor!"
69. Knocks

Down

1. Wiped out: Biblical
2. Nothing: Sp.
3. Points a gun
4. Object formally
5. Chapeau
6. "Hit me like ___ of bricks"
7. Canine treat
8. Crystal ball gazer
9. "Yikes!"
10. "The short grass" on a golf course
11. Green citrus fruit
12. ___ this date: commencing on
13. Sporty Audis
18. Bird home
19. Canadians call it pop
24. Mexican coin
26. "This one's ___": "My turn to buy"
27. "Oh, ___ me!": "Alas!"
28. "___ Joe's": diner invitation
29. It joins the Saone River at Lyons
30. Away from home
31. Athletic advisor
32. *Robinson Crusoe* author Daniel
33. Let out ___; bellow lionlike
34. 2500 in Roman numerals
37. Reverend's Sunday speech: abbr.
39. Fancy dressers
40. Second or reverse on



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a car

43. Renters

45. Big ___; high roller

47. "___ real nowhere man": Beatles lyric

48. Sitar music

51. New Haven, Connecticut campus

52. A Great Lake

54. Cajun stew ingredient

55. Film unit

56. Red-wrapped cheese

58. Stereo brand

59. Cry

60. Georgia and Belarus, once: abbr.

61. Tavern

62. SSW opposite

63. CD ancestors

Friday's crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

8	2	1	4	3	7	6	5	9
6	4	5	2	9	8	1	3	7
9	7	3	5	1	6	2	8	4
7	1	4	3	5	2	9	6	8
2	9	9	8	4	1	4	7	5
5	8	6	9	7	4	3	2	1
4	9	8	7	2	3	5	1	6
3	6	7	1	4	5	8	9	2
1	5	2	6	8	9	7	4	3

	6						9	
	7	2	5		1	4	6	
9		8				3		7
			2	3	5			
				7				
			6	1	4			
2		4				5		1
	9	6	1		8	2	3	
	3						8	



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